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CANADIAN INDIAN LAND POLICY:

DO IT OUR WAY OR BE ARRESTED

By Chief Arthur Manuel

On June 20, Mr. Jim Gregory was convicted in Kamloops court for obstruction regarding an incident that happened at Sun Peaks November 16, 2001. The arrest was related to an accusation that Mr. Gregory pulled a police officer from Amanda Soper. The evidence was very weak and not supported by other Crown witnesses but nevertheless Mr. Gregory was convicted.

It is clear however that Mr. Gregory did not have any criminal intention in this struggle. It is clear that all people charged by the RCMP in the Sun Peaks matter have political intentions and not criminal intentions. Therefore these cases clearly illustrate how the Canadian and provincial governments use the Criminal Code and other laws like the Land Act to bring trumped charges on indigenous peoples.

The federal and provincial governments basically use their laws to enforce injunctions, and trespass and seizure notices, to instigate terrible feelings amongst indigenous peoples that eventually result in arrests. These preliminary legal matters do not resolve the more important questions respecting recognition and reconciliation of Aboriginal and Crown titles.

In other words the pattern across Canada, including Lubicon Lake, Oka, Barrier Lake, Ipperwash, Gustaphsen Lake, Bella Coola, Melvin Creek and Sun Peaks are just a typical example of how Canada manipulates the Criminal Code and land laws to violate the human rights of indigenous peoples.

In other words, negotiate according to our unilateral processes or go to jail.

Jim is giving up his personal liberty for our freedom as indigenous peoples and we should appreciate that. I have advised the other 50 some people awaiting trial that they can expect basically the same treatment.

It is clear that the federal and provincial government want to crush us. But we are strong, we are still on the mountain, without criminal intentions but merely to expose the corruption and criminal behaviour of the Canadian federal and British Columbia governments.

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SONNY ORR

FAST FOOD AND FURIOUS

I always been an afficianado for fine foods and wines and I have always fancied myself as someone who could cook a decent meal. Today, I have to admit that my fancies have turned to the ubiquitous poutine and double cheeseburger dripping with fat and oils of the hoofed beasts that loiter the southern farms. I have turned into a junk food junkie and crave for pizza that burns my hungry mouth just so. However, I have noticed that the ordinary Cree lifestyle has turned from a fast burning fire smoked meat to the pre-packaged hamburgers that now attract our attentions from the coolers of the infamous Nordic stores and that has got me in a tizzy.

Where have all the moose burgers gone and how many geese does it take to sate the average Cree palate. How does one savour the fresh smoked fish when a can of keta salmon is often substituted in our fish and berry salads? I miss the old days when you had to wait until the meal was cooked and not just boiled brown. I know that this topic may be a little offside in the humour department, but I really question our values when the micowave is now the main and efficient replacement of the good old campfire or wood stove. Perhaps I'm not just as eager as everyone else when it comes to hunkering down on a fistfull of fries and vapid vinegar.

Pass the ketchup, please, so that food will taste a little Italian and forsake the mayo for a least two minutes and remember way back when this modern day food fiasco was relatively unknown and unheard of.

In a small little restaurant in a small little town called Fort George Island, we were introduced to the French fry. (We were also introduced to the five cent cigarette but that's another story) . This little wonder that originated from our ancient past had took us by storm and many a lineup to the take out window, a marvelous invention for those who were either too shy or too hungry, rivalled those of the famous double arch synonymous with McD's. It is where the art of the two minute cheeseburger was finessed and the double bite and gulp was perfected by my cousin, who forever ordered Cheeseburger in every restaurant he went to. I remember he has caused a furor with a Chinese waiter at a restaurant where the name Chinese food meant pronouncing words we couldn't understand and he kept on insisting on his cheeseburger. Needless to say, I think the waiter ordered from the restaurant next door just to shut him up.

I know that in this present day, fast food is normal and many a fine Cree restaurant have glumly changed their traditional fare to the humdrum five minute cook-off. My uncle had somehow managed to feed an entire town's fixation for fast Chinese food (take-out, too) and in nearly every town, business men with dreams of making it to be the next Ronald McDonald and operating out of cramped quarters while sweating to the greasy oldies, have become a common market syndrome. With gallons of gravy sauces pot boiling away and thousands of pounds of potatoes lined garage walls, the dream of spending a work free winter became a reality for dozens of burger flippers.

I still say that a slow cooked meal is best, but when you barely have time to chew before the next bingo game starts or hockey playoff fixates most males attentions to the boob tube, what chance does a pot roast have? Next to none.

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More Fish, healthier hearts

Study says Cree should maintain traditional diet

by Lyle Stewart

While worries about toxic contamination of food fish continue to bedevil different Cree communities in Eeyou Istchee, a recently published study suggests that the health benefits of consuming wild fish far outweigh the risks.

Published in the July issue of the American Journal of Clinical Nutrition, the study was lead by Eric Dewailly at Laval University (Dewailly is also partnered with McMaster University professer Evert Nieboer to conduct a health survey among Ouje-Bougoumou residents this summer). The study examined the effect of beneficial fatty acids found in fish on heart disease among the adult population of the James Bay Cree.

Native communities in Canada, despite other pressing health problems, have lower mortality rates from cardiovascular disease, and the study's researchers strongly link that phenomenon to the consumption of fish.

"The Cree population must be encouraged to maintain their traditional fish-based diet," the study's authors argue, "which may be one of the factors protecting them against mortality from cardiovascular disease."

The study's data was gathered in 1991 during a Santé Québec Health Survey, which may make the results slightly dated due to the rapid economic and cultural change in Cree communities. Researchers took fish consumption data and blood samples from 917 people aged 18 to 74, and found that the mean intake to be 60 grams of fish (at least on the day before the survey was conducted).

The study looked at the concentrations in test subjects of so-called n3 fatty acids. Also known as fish oil, fatty acids are found mostly in fish, but are contained in other foods as well. Fish oil is the best food source of these fatty acids.

The primary benefit of n3 fish oil is the reduction of platelet activity (blood clotting) and plaque formation, which in turn can prevent heart attacks. Platelets are clot-forming blood cells that prevent excessive bleeding. Overly active platelets, however, may speed the build-up of plaque, a deposit of fatty or fibrous material which narrows a blood vessel wall.

Elevated blood cholesterol also contributes to the acceleration of plaque formation. When plaque narrows an artery it is easier for a blood clot to get stuck in the artery and this can cause a heart attack. Because platelets also form blood clots, this is likely to occur. That's why it is desirable to reduce platelet activity and why n3 fatty acid, or fish oil, is beneficial.

The fish oil also has the happy side effect of increasing HDL cholesterol in the blood. That's the good kind of cholesterol that reduces risk of heart attack, as opposed to the life-shortening cholesterol that drenches every potato chip and french fry.

Despite the positive findings, the introduction of non-traditional foods over recent decades may be causing rates of heart disease to increase among the Cree, the study notes. This may be partly accounted for with rising rates of risk factors such as high blood pressure, diabetes, obesity and smoking. But diet is among the most important indicators of risk.

"Traditional eating habits among Cree have changed in response to many factors, such as their settlement in permanent communities, an increase in salaried employment, the growth of modern air transportation, and the increased availability of and access to market foods."

The study also found, perhaps not surprisingly, that consumption of traditional foods increases with age. Younger subjects consumed far more processed foods than their elders. Fish intake also was higher in coastal communities.

The authors also briefly address controversies over mercury poisoning of fish. "News on the presence of mercury in fish has indirectly affected lifestyle and the perception of food quality safety and has been linked to a reduction in fish consumption."

The implication is that concerns over mercury and, by implication, other toxic contaminants may be causing more harm than good. The study didn't address those risks, however, preferring to emphasize the abundant evidence that traditional foods are central to healthy communities.

"The precontact Indian diet, which comprised wild meat, fish, fat, and vegetation, provided proper amounts of the required nutrients. The Cree of James Bay, as is the case with other peoples of the Canadian North, have adapted their diet to the many changes brought about by contact with the Euro-American culture.... Very little information has been reported on the benefits of fish consumption. Thus, the Cree population must be encouraged to maintain or increase their consumption of traditional foods, ie, fish, which contribute importantly to the intake of n3 fatty acids."

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Elisapie is a darling, bright and feisty little girl who is thriving. Affectionate and loving, she will pull at your arm for attention. Still, for someone not quite 3, she is independent and determined. Cleaning up milk and juice spills is expected because she will march off to take it herself rather than wait for you.

A combination of being very active, fearless and adventuresome; she runs off to climb the slides, go on the seesaw, or could dart out onto the street. She is well coordinated and easily pedals her tricycle or maneuvers a basketball.

Healthy and precocious, she speaks well, understanding what she is not supposed to. After emptying a bottle of shampoo, or in frustration giving you a slap, she is remorseful and seeks out a hug.

Of mixed parentage, Inuit and Caucasian, she needs a family who will love and nurture her through her childhood, be sensitive to her culture, and accept the ongoing relationship she has with her parents.

For more information about Elisapie, or children of aboriginal and other ethnicities, who need long-term foster care, please phone Batshaw Foster Homes for Children at 514-932-7161.

Cree Nation of Chisasibi

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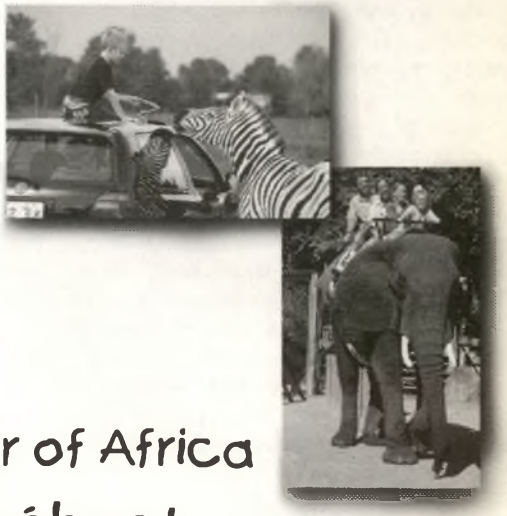

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Making art from trees

McCord Museum presents a living history of Native crafts

For thousands of years, the trees that crowd the eastern woodlands of North America have provided Native peoples with the raw materials and inspiration to fashion beautiful and useful tools out of bark and wood. Gifts of the Forest: Native Traditions in Wood, a new exhibit at Montreal's McCord Museum, explores the essential role of the forest in both contemporary and historical Aboriginal craft work.

"Trees are an intermediary between the natural world and the invisible elements of the world," explains Dolores Contré Migwans, director of Native programs at the McCord Museum. "They are like human beings – upright, living things which are spiritual as well as physical, and they have the role of keeping a balance in nature. For the contemporary artists included in the exhibit as for their ancestors, trees are both physical beings, the earth's plentiful gifts, and spiritual intermediaries."

Handcrafts from modern artisans are displayed alongside historical examples from the 19th century or earlier. The collection includes woven splint baskets and boxes adorned with dyed porcupine quills, spoons and bowls, pipes, awls and knives. Other cases display tools used for carving and weaving, including crooked knives and splint gauges, which are decorated with animal and human forms.

An exquisitely crafted children's toy set, dating back to the 19th century, is especially remarkable – the miniature canoe and a family of dolls are crafted out of bark and cloth, depicted as they would have been dressed in the fashions of the day and packed into a canoe for a long voyage. The set includes a scale canoe, a perfectly detailed little papoose and snowshoes, even a tiny family dog!

According to Dolores Migwans, many of the exhibit pieces were artworks bought by white tourists from the native craftspeople as early as the 19th century. And she believes the objects still carry the secrets of tradition.

"Personally, as an artist, I would have infused my crafts with messages about trees and about nature – even if those messages about our culture had to be hidden in those days," she explains. "While the objects survived in collections, they would carry on messages, of spiritual health and the interconnectedness of all things, into the [present day] when we can talk openly about our way of looking at things."

Migwans is fond of the display containing several highly prized Tikenogans, passed down for generations by the Ojibway, Algonquin and Attikamek peoples. Tikenogans are ingeniously designed and beautiful cradleboards that, she feels, demonstrate many things about the people who make and use them.

"Since the child is portable and her education starts early, she learns the sounds and sights of the forest as she is carried by her parents. The board helps her to grow straight and strong, and protects her in water and on land if the Tikenogan should capsize."

Objects like Tikenogans are all some people need to get their imaginations going. Others, might find this typical archeological exhibit with glassed-in cases displaying untouchable and valuable handiworks in an archival-type setting, a little dry. That's why artisans like Nick Huard, a dreamcatcher-maker from Kahnawa:ke, are around to keep things lively. Huard came from his shop, The Hawk's Nest, to gab with visitors and give hands-on demos of his craft.

"Here, we play!" says Huard. "That's the whole point, isn't it? I've brought various caribou and fox pelts, bones, skulls and feathers for people to touch, to give them an idea of the materials I use."

Huard's tools are handcrafted using the same techniques and materials as his ancestors. He brought chisels, knives, furs, feathers, leathers and animal skulls, as well as dreamcatchers and a pipe/tomahawk he made from a beautifully patterned caribou antler.

"It's an honour to be here in the museum with my ancestors, and I'm not even dead yet," he jokes. "Even though I'm on display, visitors don't have to handle me with white gloves, because I'm not an artifact yet and I'm not about to disintegrate."

Gifts of the Forest: Native Traditions in Wood and Bark

Curated by the Mashantucket Pequot Museum and Research Centre in Mashantucket, Connecticut.

At the McCord Museum June 21-March 2, 2003

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by Melora Koepke

BC voters support/reject treaty referendum questions

Depending on who's doing the talking, British Columbians have either given a strong vote of confidence in their provincial government's referendum on treaty-making, or overwhelmingly disowned Victoria's divide-and-conquer tactics.

BC Premier Gordon Campbell trumpeted the results, despite a low 35 per cent response rate to the mail-in ballot. "The government is pleased that British Columbians have provided clear and positive support for all the principles set out in the referendum," said Campbell. "An affirmative response to the eight questions ranged from 84 to 95 per cent of validly cast votes."

But according to the Union of BC Indian Chiefs, the combined total of boycotted ballots and No votes meant that 75 per cent of eligible BC voters rejected the Campbell referendum's propositions. "We are not the least bit surprised at the outcome of this so-called referendum on treaty-making," said Chief Stewart Phillip. "This ill-conceived referendum was widely criticized by the federal government, the business community and the general public at large and the results bear out the fact that this referendum is neither recognized nor supported by the electorate of BC."

BC is determined to push on, however. The government intends to meet with First Nations leaders, the federal government and third parties to the treaty process in the next month to discuss the results.

"We will take some time to review the results in detail and then formulate an approach to negotiations with Canada and First Nations," said Attorney General and Minister Responsible for Treaty Negotiations Geoff Plant. "The results will help revitalize the treaty process by establishing a publicly supported mandate for negotiations."

Phillip said the province won no mandate whatsoever – that the referendum questions were deliberately designed to generate a biased response. "The referendum questions reflected recycled positions of the province that have either been rejected by the Courts or have proven to be non-starters at the negotiating table over the last ten-year period," he said.

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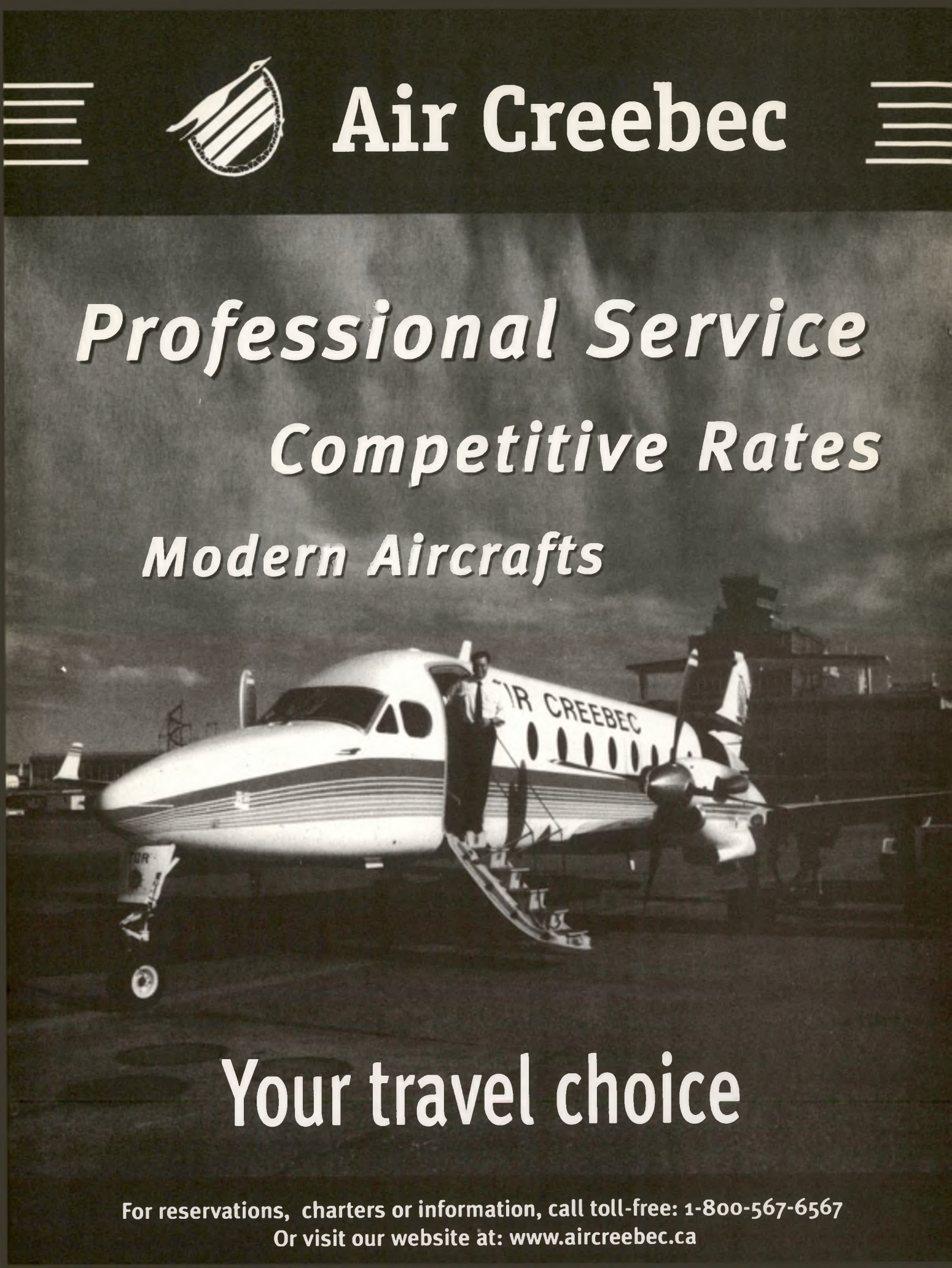

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Con't from page 7

And Chief Phillip warned that continued provincial refusal to accommodate aboriginal title and rights will come with a price: more serious conflict on the land and more litigation.

Diabetic children suffer as young adults, study finds

People who develop adult-onset diabetes as children – a once-unknown condition whose prevalence is rising rapidly – can have severe and occasionally fatal complications as early as in their twenties, the Washington Post reports. The problems, according to research on a group of about 80 Cree and Ojibway children in central Canada, include not only early death, but also kidney failure, blindness and high rates of miscarriage and stillbirth.

"This form of diabetes causes serious disease in these young adults," said Heather Dean, a pediatrician from the University of Manitoba who presented the findings at a meeting of the American Diabetes Association in San Francisco. "What we don't know is if there's anything unique to this population that makes them different from Hispanic children in San Antonio or black children in Cincinnati."

Adult-onset diabetes in children is an emerging problem worldwide, linked to the epidemic of obesity and the adoption of a high-sugar, high-fat Western diet. Other studies of diabetic children have shown that at the time of diagnosis, many have detectable, although not obvious, organ damage. The Canadian study, however, is the first to describe specific complications in a group of diabetic children who have grown up.

If the ominous findings are borne out by research elsewhere, the implications are clear. The growing number of adolescents with diabetes must control it aggressively with lifestyle changes and medical treatment, or risk permanent disability in young adulthood.

In the Canadian study, Dean and her colleagues followed 86 adolescents diagnosed with adult-onset diabetes before age 17. The first were enrolled in the clinic's database in 1986, and patients were added as they were diagnosed. About 80 percent are female, and a similar fraction are overweight.

Last fall, the physicians were able to find or obtain records on 79 of the original 86. Of that number, seven had died, all of them young women. Of the survivors, 51 agreed to be interviewed. Three of those 51 had kidney failure and were on dialysis, and one was also blind. Another person had part of a foot amputated. There had been 56 pregnancies, with 13 early and three late miscarriages and two stillbirths.

Dean said it is clear in retrospect that treatment "wasn't aggressive enough." But she said little is known about this form of the disease, and only one of the oral diabetes medicines used in adults has been tested in children. The biggest obstacle in treatment, though, was persuading young people to change the way they live. Obesity greatly increases the chance that a person will become diabetic. Losing weight and exercising can cause the condition to disappear, in some cases.

"It takes generations to change lifestyle habits," Dean said. "One can't say, 'I'm going to prescribe no pop and no chips' and have the person change their diet tomorrow. It doesn't happen that fast."

Logging halted by Native protest

The Penticton Indian Band has shut down logging by Weyerhaeuser around Apex Mountain by blockading an access road. Chief Stewart Phillip says the company failed to consult with the band council before logging in its traditional territory.

"We set up a blockade at the entry point to serve notice the logging was to come to an end, and shall not take place until there's an agreement between the Penticton Indian Band and Weyerhaeuser Canada," he said.

Phillip says the band does not want logging in what it considers an environmentally sensitive area. He also says the band also wants a share of the timber in its traditional territory.

Weyerhaeuser says it is willing to negotiate a solution that will meet the band's environmental concerns.

Chief refused entry with eagle bonnet

U.S. authorities forbid a Canadian chief from entering the country with his traditional eagle feather warbonnet.

Kainaiwa First Nation Chief Chris Shade was on his way to a Blackfoot Confederacy gathering in Montana. He provided documentation of his Indian status but wasn't allowed through with the head dress. At the Sweet Grass port, the U.S. Border Patrol say they had to enforce a U.S. Fish and Wildlife Service regulation forbidding the transport of eagle feathers into the United States.

Canadian authorities don't issue permits for eagle items. U.S. authorities said they would recognize one.

The Blackfoot Confederacy is composed of the Blackfeet Tribe of Montana and the Blood, Peigan and Siksika First Nations of Alberta.

Nunavut premier Paul Okalik visits Alaska

As the featured guest at a recent Anchorage press conference, Paul Okalik was asked by a TV reporter to pronounce his name for the camera so the reporter might say it correctly, later, on the air. The first premier of the three-year-old Canadian territory of Nunavut obliged, pleasantly.

"Okalik," he said, clucking the sound slightly in his eastern Inuit dialect. The non-Native reporter didn't quite catch it. She asked him to pronounce his name again. And again. "Okalik," he repeated. "Okalik."

Still she looked uncertain. Afterward, Okalik recalled a time in the former Northwest Territories when the Canadian government in Ottawa didn't try to pronounce Inuit names.

Now the 38-year-old lawyer presides over a territory that is bigger than all the nations of Western Europe combined. He was asked to deliver the keynote speech later this year to the annual convention of the Alaska Federation of Natives, ostensibly to tell the Nunavut story.

Archaeologists say northern Alaska was the birthplace of the Inuit culture that spread into Arctic Canada and Greenland a few thousand years ago. The Eskimo languages here and there still bear much in common. Invited to Alaska by the AFN and the Association of Village Council Presidents, Okalik was able to compare the languages firsthand in early June with visits to Bethel, where he was addressed in Yup'ik, and Barrow, where elders spoke to him in Inupiaq. "I was very pleasantly surprised to understand a large part of our language being spoken so far from home," he said afterward.

Nunavut encompasses one-fifth of the Canadian land mass, but its total population is only 28,000. In some ways it's a troubled population. Three years ago the unemployment rate in Nunavut was 29 percent, the highest in the nation. The suicide rate was six times the national average. Drug and alcohol abuse was rampant. "We're no different from the Native people in Alaska in terms of high unemployment and a lot of social problems," Okalik says.

Taking Back the Language

-Will Nicholls-

On June 29 in Val d'Or 50 Crees donned gowns and lined up to receive diplomas from McGill in the Cree Literacy Course. They were part of a group of 84 Crees who graduated this year. The master of ceremonies was Arnold Cheechoo of CBC North. He talked in Cree and this set the tone. It was the first time in McGill history that a graduation ceremony would be conducted primarily in Cree. Beverly Quinn, the vice-chair of the Cree School Board would get up and congratulate the successful students. She would be followed by Elder and teacher Johnny Shecapio. Later student representives from Mistissini, Ouje-Bougoumou, Waswanipi, Nemaska, Eastmain, Waskaganish and Wemindji would get up to speak on behalf of their communities and what they experienced. You could tell that it was a proud moment for all the graduates.
On hand to congratulate the grads were Waswanipi Chief Paul Gull and Mistissini Deputy Chief William MacLeod.
The graduates from Chisasibi and Whapmagoustui had a separate graduation ceremony in Chisasibi.
In the course five Cree students made the Deans list.

An interview with Luke MacLeod, Dean's Honour Roll and former Chair of the CSB.

The Nation: When did you start the Cree Literacy course?
Luke Macleod: The summer of 1999. It was run over the weekends for a total of 500 hours in the course. Each weekend would consist of 25 hours.

What made you decide to take the course?
One of the main reasons was when I was with the Cree School Board there was a push for Cree as a Language of Instruction Program. Back in 95 the Cree School Board decided to fully implement that. I remember back when I first got involved in Cree politics I was in Waskaganish or Chisasibi people talked about how the Cree School Boards would be set up. One of the Elders there said "Don't ever let it be taken out of our schools because then we will surely die." So when I got in as a commissioner I always talked about that but it was one of those areas where you talk about it but you can't do it yourself. That really affected me so my niece Daisy Moar used to always push me. She would say, "When are you going to learn Cree, the written Cree?"
So when the opportunity came up in Mistisssini I took it. That's how I started it.

Do you find it surprising that so many people graduated from the program? I believe there were 84 grads.
Suprising? Not really. I've traveled, I even have worked with radio and the CSB and promoting CLIP. People would come up to us and say this was very good. One Elder said to work on the language and everything would fall into place. He said really work on the language first, the culture and that will fall into place. I really do believe there are a lot of people out there who want to learn Cree literacy and realize the importance of learning to read and write it as well.

How does it feel to have made the Dean's honour list?
Well, first of all, I didn't understand what it was at the beginning. My experience with college was back in the 70s and to be truthful I wasn't really there for school. I was more involved in the other activities in college than the actual studies. To realize that I could do this that well has been great. When I think back on how many

times I used to rewrite everything in English in the radio station so I could broadcast it in the Cree language somehow this has paid off as well. The course was made in a way that it was more than just learning to read and write in Cree, we also had the Cree culture in there as well. There were different skills that we were taught that I had some knowledge of before I went into the course. For example, the way to interview someone and how to translate, so I had some advantages there over the other students. It was a great honour though to make the Dean's list.

Is there anything else you would like to add?
As I said in my presentation on behalf of the people who graduated from Mistissini, I stated how important it was for me personally to have gone through this in that I was able to work with my granddaughter and her schoolwork. We played a game where I would write the first character and she would have to make a word with it. We kept doing that and had a lot of fun doing that. That was really great to be able to do that with my granddaughter, who just entered Grade One this year.
Also during Cree culture I learnt to make a crooked knife all by myself. That includes the bending and the tempering of the blade. Johnny Shecapio taught me that. I will always remember my grandfather when he used to have his tools out and his crooked knife would be there beside him. I would watch him work. I know that he must have had some of his tools for years because his crooked knife blades would be very small, very thin. He would never let me touch those ones. He would let me touch one of the larger ones. I guess this is so I wouldn't break the blade on him. I was always fascinated by that and that it was something special for my grandfather. When I made my own crooked knife it was really special for me. That's how I view learning the Cree language -- it's very special. Even though Johnny taught me I know he learnt from somebody else. That's been passed down and now it's reached me. Now it's my responsibility to pass it on and to be able to teach somebody else how to make that knife and it's the same thing with the Cree language. I don't want to see it end up in a museum. I want to see it stay alive and that is only going to happen by using it all the time. Edgweda.

An Interview with Donna-Lee Smith of the Office of First Nations and Inuit Education,
Faculty of Education at McGill.

The Nation: I know most of the graduation ceremonies are done in Montreal, did you find it different to have the graduation in Val d'Or?
Donna-Lee Smith: I loved it. Four years ago we had the first cohort graduate in the Cree literacy program. There weren't as many people so they came down. There were about 48 at the time. It was all very lovely. We had the graduation dinner in the faculty club. It was wonderful but not one word of Cree.
This graduation in Val d'Or was beautiful and everything was in Cree. To me it makes more sense since it is a Cree literacy course.

How long have you been offering this course and is this the largest graduating class?
I believe since 1992 or 93. I wasn't there at the beginning. We've only had two graduating classes and the first one was only available to teachers. With the second cohort we opened up to anyone in the community so we got administrators, daycare workers, teachers, etc. As a result it was a much larger group.

Now you had five people graduate on the dean's honour list. What kind of distinction is that?
It means that their GPA (grade point average) was the highest in all of McGill University. It wasn't just the Cree Literacy Program, they were amoung the top levels of McGill.

What do you feel when you do these types of courses?
I feel very proud to be connected with the program. I feel we are doing something that is very important for First Nations people in Canada. Out of the dozens and dozens of languages that used to exist there are three that are viable now and one of them is Cree. This program works very hard to keep the language viable.
Whereas another program we've started in Cape Britain in Wagmatmacook, that language, Mi'kmaq is very much at risk.

When you say there are only three languages that are viable yet you're helping the Mi'kmaq. Do you see yourself as helping to preserve and these other languages?

Cree, Inuit and Ojibway are the three viable languages. Other languages are at risk and some have already died out completely.

Is saving these other languages something that McGill is looking at?
The way it works is the communities have to contact us. We don't go out and solicit First Nations. We wait for people to get in touch with us. Currently we may start a initiative in Kahnawake. The Cree in Ontario are interested as well. The Cree in Ontario is very preliminary.

Is this mainly teaching syllabics or is there more involved?
With the Cree and the Mi'kmaq, to get into the program you have to be fluent in the language. Primarily it was so the participants in the program could go into the schools and teach Cree as a language of instruction. So you would have the little kids coming into pre-K and Kindergarden and be taught in Cree.

In a sense you are helping to wipe out the stigma of the assimulation programs of the residential schools?
Well, yes, very much so. There should be a very smooth transition between home and school. If the kids are speaking Cree at home and they go into school and they speak Cree there then it's the smooth transition I was talking about. It doesn't matter if math is taught in Greek, Chinese, English or Cree it is the same. A math concept is always the same so the kids are getting the same foundation and base in terms of what they need but in their own language. We're looking at maintaining the culture and maintaining self-esteem.

Any last words?
Mary Bear is my partner in the Cree Literacy Program. She has worked tremendously hard over the years. She organizes everything. She does 99 per cent of the work and down here we do 1 per cent. She finds the teachers, does the organizing of the dates and set up and organizes everything for the nine communities.
Charlette MacLeod looks after the three communities of Mistissini, O.J. and Waswanipi.
Debbie (House-Cox) looks after Whapmagoustui, Chisasibi and Wemindji.
Mary looks after Eastmain, Nemaska and Waskaganish. Mary oversees everything. I don't think the program would have been as successful without her hard work. So I think we have to give her credit for that.

Where do you go from here?
We're having a final course in the fall to allow some people to catch up. In the winter we're going to have a third cohort and again we're going back to people who are in education. This was too big a cohort and trying to meet everyones' needs when they are so diverse was difficult. For example, you have teachers looking at pulling together a curriculum for their classroom and you have homemakers in the same group then the needs are quite different. So this new one will be for people in the educational sector and we'll be setting up another one in Adult Education for other people in the community so we can meet everyone's needs.

Dean's Honour List

Jimmy Iserhoff
Louise Loon Bosum
Luke Edward MacLeod
Daisy Dorothy Matthew
Nellie Pachano

List of Graduates at Val d'Or: Cree Literacy Program 2002

Lilllian Atsynia
Bessie Blackned
Helen Blacksmith
Gloria Bosum
Diane Brien-Coon
Annie Cheechoo
Adrian Cheezo
Margaret Cheezo
Nancy Danyluck
Pauline Dixon
Louise Charlotte Etapp-Neeposh
Patricia Georgekish
Eva Grant
Emily Anna Gull-Mianscum
Lily Gull Sutherland
Sarah Herodier
Jimmy Iserhoff
Pat Iserhoff
Hannah Jacob-Moses
Doreen Jolly
Ricky Jolly
James Jonah
William Kitchen
Maria Longchap
Sydney Loon
Louise Loon-Bosum
Demerise Loon-Mianscum
Luke Edward MacLeod
Nancy Matoush-Rabbitskin
Evadney Mettaweskum
Karen Mistacheesick
Emma Lizzie Moses
George Daniel Moses
Lillian Moses
Edna Neeposh
Dorothy Nicholls
Eva Otter
Annie Ottereyes
Mary Ann Ottereyes
Barbara Petawabano
Edna Petawabano
Marion Lynn Petawabano
Dorothy Polson
Paul Rabbitskin

Appels de candidatures

Emplois occasionnels et réguliers

Société de la faune et des parcs

AGENTE OU AGENT DE CONSERVATION DE LA FAUNE (CLASSIFICATION)

Agente ou agent de protection de la faune (titre de l'emploi)

41 300 $

CONCOURS NO : 300G-8210003

Le gouvernement du Québec est à la recherche de candidats et de candidates en vue de pourvoir à des emplois réguliers et occasionnels d'agente et d'agent de protection de la faune à la Société de la faune et des parcs du Québec, dans les municipalités des villages cris de la région administrative du Nord-du-Québec, à savoir Chisasibi, Eastmain, Mistissini, Nemiscau, Waskaganish, Waswanipi, Wemindji et Whapmagoostui, ainsi que sur le territoire sur lequel se trouve la communauté crie d'Oujé-Bougoumou. Actuellement, deux emplois réguliers et dix-huit emplois occasionnels sont offerts.

Attributions : À titre d'agente ou d'agent de la paix, effectuer diverses tâches d'éducation, de prévention et de protection, notamment au sein des municipalités des villages cris pour :

- assurer l'application et le respect des différentes lois et règlements à l'égard de la conservation et de la mise en valeur de la faune et de ses habitats, et en matière de parcs, ainsi que de certaines
- dispositions réglementaires sous la juridiction d'autres ministères ;
- développer et maintenir des relations avec les principaux partenaires et utilisateurs en ce qui concerne la protection de la faune ;
- encadrer et soutenir les actions des partenaires en protection de la faune.

Conditions d'admission :

- avoir sa résidence principale dans un des endroits suivants : dans les municipalités des villages cris de Chisasibi, Eastmain, Mistissini, Nemiscau, Waskaganish, Waswanipi, Wemindji, Whapmagoostui, ou sur le territoire où se trouve la communauté crie d'Oujé-Bougoumou ;
- être âgé d'au moins 18 ans ;
- être titulaire d'un certificat d'études secondaires équivalant à une 11e année ou à une 5e année du secondaire reconnu par l'autorité compétente avec spécialisation d'agent de conservation de la faune ou en protection et exploitation de territoires fauniques ou dans toute autre spécialisation pertinente, ou appartenir à une classe d'emplois de la fonction publique dont les conditions d'admission quant à la scolarité sont comparables et avoir un an d'expérience pertinente ;
- est également admise, la personne candidate qui a un nombre d'années de scolarité inférieur à celui exigé à condition qu'elle compense chaque année de scolarité manquante par deux années d'expérience pertinente ;
- est également admise la personne candidate ayant réussi un cours d'agent autochtone dispensé par l'autorité compétente ;
- ne pas avoir été reconnu coupable, en quelque lieu que ce soit, d'un acte ou d'une omission que le Code criminel (Lois révisées du Canada (1985), chapitre C-46) décrit comme une infraction, ni d'une des infractions visées à l'article 183 de ce Code, créées par l'une des lois qui y sont énumérées ; être de bonnes mœurs ; subir avec succès l'examen médical suivant les normes prescrites à l'article 3 du règlement numéro 14 découlant de la Loi de police (L.R.Q., c.P-13) ;
- posséder la citoyenneté canadienne ou le statut de résident permanent et pouvoir démontrer une connaissance du français appropriée aux fonctions ;
- avoir un permis de conduire de la classe appropriée (actuellement classe 4A - véhicules d'urgence) ou être en attente d'une preuve d'obtention du permis ; la personne ainsi admise devra fournir, dans les délais prescrits, le permis exigé.

La connaissance de la langue anglaise est nécessaire pour l'exercice des fonctions de l'emploi ; conséquemment, elle fera l'objet d'une évaluation éliminatoire.

Nonobstant les conditions d'admission à la classe d'emplois d'agente ou d'agent de conservation de la faune, une candidate ou un candidat autochtone peut être admissible à cette classe aux conditions suivantes :

- avoir sa résidence principale dans un des endroits suivants : dans les municipalités des villages cris de Chisasibi, Eastmain, Mistissini, Nemiscau, Waskaganish, Waswanipi, Wemindji, Whapmagoostui, ou sur le territoire où se trouve la communauté crie d'Oujé-Bougoumou ;
- être âgé d'au moins 18 ans ;
- avoir la scolarité moyenne équivalant à celle du village où se situe la résidence principale de la personne candidate ;
- faire l'objet d'une recommandation de bonnes mœurs de la part des autorités de la bande autochtone à laquelle la personne candidate appartient ou de la localité autochtone où la personne candidate a sa résidence principale ;
- avoir un permis de conduire de la classe appropriée (actuellement classe 4A - véhicules d'urgence) ou être en attente d'une preuve d'obtention du permis ; la personne ainsi admise devra fournir, dans les délais prescrits, le permis exigé ;
- connaître, au besoin, la langue anglaise ou la langue de la population desservie ;
- la personne candidate devra être jugée apte physiquement à exercer les fonctions d'agente ou d'agent de conservation de la faune par un médecin désigné par la Société de la faune et des parcs du Québec en conformité avec les critères retenus par cette Société ;
- la personne devra être acceptée au programme de formation d'agent autochtone de conservation de la faune dispensé par la Société de la faune et des parcs du Québec et reconnu par l'autorité compétente ; la personne ainsi admise à titre d'aspirante ou d'aspirant devra terminer avec succès et dans les délais prescrits ce programme de formation.

Note : Les personnes handicapées et les membres des communautés culturelles peuvent poser leur candidature même s'ils ne résident pas dans l'une ou l'autre des zones géographiques énoncées ci-dessus. L'expérience, rémunérée ou non, acquise en dehors du marché du travail, est reconnue à la condition qu'elle soit pertinente et qu'elle ne soit pas concomitante à une expérience pertinente acquise sur le marché du travail.

Période d'inscription : Du 2 au 26 juillet 2002

Inscription : Pour s'inscrire à ce concours, utiliser le formulaire Offre de service disponible dans les centres locaux d'emploi (C.L.E.), dans les carrefours jeunesse-emploi, dans les bureaux régionaux de Communication-Québec et ceux du Secrétariat du Conseil du trésor, auprès des bureaux de l'administration régionale crie, ainsi que dans le site Internet du Secrétariat du Conseil du trésor [http://www.tresor.gouv.qc.ca/ressources/formulaire.htm].

- le formulaire Offre de service dûment rempli avec l'inscription du numéro de concours à la rubrique Numéro de concours ;
- sa signature aux endroits prévus ;
- son numéro d'assurance sociale (N.A.S.) ;
- le cas échéant, une copie du diplôme exigé, ou du dernier relevé de notes, ou de l'attestation d'équivalence pour les diplômes obtenus à l'extérieur du Québec ;
- les mois de début et de fin de chacun des emplois occupés, et le nombre d'heures travaillées par semaine si l'emploi est à temps partiel ;
- une photocopie du permis de conduire.

Le formulaire doit être reçu **avant la fin de la période d'inscription** à l'adresse suivante : Société de la faune et des parcs du Québec, 951, boulevard Hamel, Chibougamau (Québec) G8P 2Z3 ; télécopieur : (418) 748-3338.

Information : M. Martin Coulombe (418) 644-8844, poste 246
Courriel : martin.coulombe@menv.gouv.qc.ca

Cet appel de candidatures annule et remplace l'appel publié le 2 juillet 2002 sous le même titre ainsi que portant le même numéro de concours, et dont la version anglaise comportait une erreur de date de fin de période d'inscription. La période d'inscription est prolongée jusqu'au 26 juillet 2002. Les candidatures déjà reçues seront automatiquement versées au présent concours.

Québec

On prépare l'avenir

RENSEIGNEMENTS IMPORTANTS Il peut exister d'autres conditions permettant l'admission aux concours ou aux réserves de candidatures, telle la compensation de la scolarité par de l'expérience. Lorsque aucune expérience n'est exigée, les personnes en voie de terminer la dernière année de scolarité requise peuvent être admises. Les personnes handicapées et les membres des communautés culturelles peuvent poser leur candidature même s'ils ne résident pas dans la zone géographique mentionnée dans les conditions d'admission. Pour occuper un emploi dans la fonction publique, il faut une connaissance du français appropriée aux fonctions. Les personnes ayant le statut de résident permanent sont admissibles, sauf s'il est mentionné qu'elles doivent avoir le statut de citoyen canadien. L'inscription se fait avec le formulaire Offre de service, disponible dans les bureaux régionaux et le site Internet du Secrétariat du Conseil du trésor, les directions des ressources humaines des ministères et organismes, les bureaux de Communication-Québec, les centres locaux d'emploi, les carrefours jeunesse-emploi et auprès d'organismes représentant les groupes visés par les mesures d'accès à l'égalité. Pour être acceptées, les candidatures doivent être reçues à l'adresse mentionnée avant la fin de la période d'inscription.

www.tresor.gouv.qc.ca/emplois

Invitations for Application

Casual and Regular Employment

Société de la faune et des parcs

WILDLIFE CONSERVATION OFFICER (CLASSIFICATION)
Wildlife Conservation Officer (class title)

41 300 $

COMPETITION : 300G-8210003

Société de la faune et des parcs : The Québec government is currently seeking candidates in order to fill regular and casual employment positions as wildlife conservation officers for the Société de la faune et des parcs du Québec, in the municipalities of the Cree villages of the administrative region of Nord-du-Québec, that is, Chisasibi, Eastmain, Mistissini, Nemiscau, Waskaganish, Waswanipi, Wemindji and Whapmagoostui, as well as throughout the territory in which the Cree community of Oujé-Bougoumou is located. There are curently two regular positions and 18 casual positions to be filled.

Duties : As a law enforcement officer, the incumbent will perform certain duties with respect to education, prevention and protection, in particular, within the Cree villages, in order to:
- ensure the application and respect of different laws and regulations regarding the conservation and development of wildlife and its habitats, parks and certain regulatory provisions under the
- jurisdiction of other departments;
- develop and maintain relations with principal partners and users with regard to wildlife protection;
- supervise and support the actions of partners regarding wildlife protection.

Eligibility requirements:
- have one's principal place of residence in one of the following places: in the municipalities of the Cree villages of Chisasibi, Eastmain, Mistissini, Nemiscau, Waskaganish, Waswanipi, Wemindji, Whapmagoostui, or throughout the territory in which the Cree community of Oujé-Bougoumou is located;
- be at least 18 years of age;
- have a high school diploma equivalent to 11th Grade or Secondary V recognized by the appropriate authority with a specialization in wildlife conservation, protection and use of wildlife territories or any other pertinent specialization, or belong to a job class of the public service with comparable eligibility requirements concerning schooling and have one year of pertinent experience;
- moreover, candidates with less years of schooling than the required minimum may also apply provided that each missing year of studies is compensated for by two years of pertinent experience;
- candidates may also apply who have successfully completed an aboriginal officer course offered by the appropriate authority;
- not have been found guilty in any place whatsoever of an act or a failure that the Criminal Code (Revised Statutes of Canada (1985), chapter C-46) describes as an offence, nor of one of the offences specified in section 183 of the Criminal Code, created by one of the laws listed therein; be of good moral standing, successfully pass the medical examination further to the prescribed standards in section 3 of regulation 14 of the Police Act (L.R.Q., c.P-13);
- have Canadian citizenship or permanent resident status, and be able to demonstrate appropriate skills in French;
- have a driver's license of the appropriate class (currently class 4A - emergency vehicles) or be waiting for proof of having obtained the license; candidates who are eligible will have to provide the required license within the allotted time limit.

Knowledge of English is necessary for carrying out the duties of the position; therefore, these skills will be subject to an eliminatory evaluation.

Notwithstanding the eligibility requirements of the job class of wildlife conservation officer, a native candidate may be eligible to this class under the following conditions, provided he or she:
- has as the principal place of residence, one of the following places: in the municipalities of the Cree villages of Chisasibi, Eastmain, Mistissini, Nemiscau, Waskaganish, Waswanipi, Wemindji, Whapmagoostui, or throughout the territory in which the Cree community of Oujé-Bougoumou is located;
- is at least 18 years of age;
- has the average schooling equivalent to that of the candidate's village of principal residence;
- is recommended with respect to his or her good moral standing by the authorities of the band council to which the candidate belongs or of the native community in which the candidate has his or her principal place of resident;
- has a driver's license of the appropriate class (currently class 4A - emergency vehicles) or be waiting for proof of having obtained the license; candidates who are eligible will have to provide the required license within the allotted time limit;
- has knowledge of English or of the language of the population to be served;
- is judged physically capable of carrying out the duties of wildlife conservation officer by a doctor designated by the Société de la faune et des parcs du Québec in accordance with the criteria put in place by the Société;
- is accepted to the training program of aboriginal officer of wildlife conservation given by the Société de la faune et des parcs du Québec and be recognized by the appropriate authority; the successful incumbent must successfully complete the training program within the prescribed time limits.

Note : Handicapped persons and members of cultural communities may apply regardless of whether they are resident in one of the geographic areas specified above. Paid or unpaid experience that is acquired outside of labour market is recognized provided that it is pertinent and not concomitant to pertinent experience acquired in the labour market.

Application period : July 2 - 26, 2002

Applications: To apply for this competition, you must complete a copy of the Offre de service form available at the centres locaux d'emploi (C.L.E.), the carrefours jeunesse-emploi, the regional offices of Communication-Québec and of the Secrétariat du Conseil du trésor, the offices of the Cree Regional Authority, as well as the Web site of the Secrétariat du Conseil du trésor [www.tresor.gouv.qc.ca/ressources/formulaire.htm].

Only complete applications will be considered:

A duly-completed Offre de service form includes:
- the duly-completed Offre de service form, including the competition number indicated in the appropriate space;
- your signature in the spaces provided;
- your social insurance number (SIN);
- where applicable, a copy of the required diploma, most recent transcripts or proof of equivalence for diplomas obtained outside Québec;
- the beginning and end months for each position held, and the number of hours worked per week in the case of part-time employment;
- a photocopy of your driver's license.

The application must be received at the following address no later than the end of the application period: Société de la faune et des parcs du Québec, 951, boulevard Hamel, Chibougamau (Québec) G8P 2Z3; fax: (418) 748-3338.

Information : M. Martin Coulombe (418) 644-8844, extension 246
Courriel : martin.coulombe@menv.gouv.qc.ca

This call for candidates cancels and replaces the call that was published on July 2, 2002, under the same title and competition number. The end-date of the application period was incorrect in the English version. The application period is being extended until July 26, 2002. Applications that have already been received will automatically be submitted to the current competition.

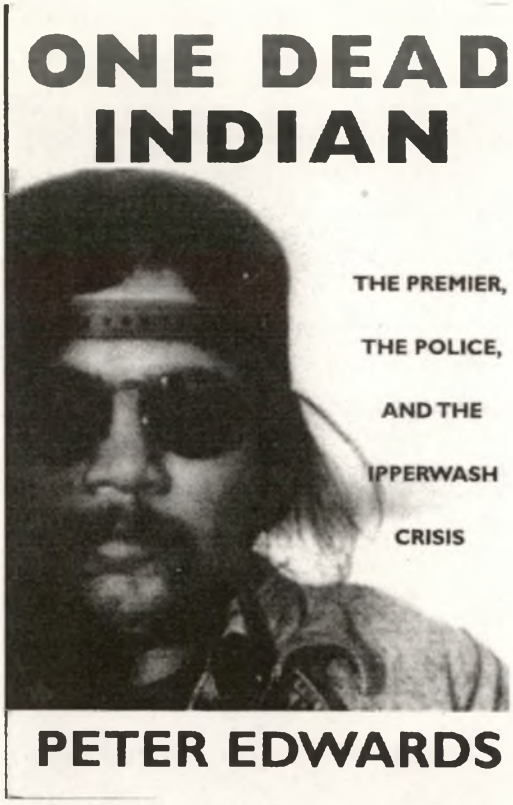
Québec

Building the future

IMPORTANT INFORMATION There may be other eligibility conditions for a competition or a candidate inventory, such as experience that compensates for educational qualifications. When experience is not mandatory, persons completing their last year of required schooling may be eligible. Persons with a disability and members of cultural communities may apply even if they do not live in the geographic area mentioned in the eligibility conditions. Employment in the public service requires a knowledge of the French language that is appropriate to the duties. Persons with permanent resident status are eligible, unless Canadian citizenship is required. Applications are submitted by means of the Offre de service form, wich is available at the regional offices and the Internet site of the Secrétariat du Conseil du trésor, the human ressources branches of the departments and agencies, the offices of Communication-Québec, the local employment centres, the carrefours jeunesse-emploi and the agencies representing affirmative action groups. Only applications received at the indicated address during the prescribed filing period shall be considered.

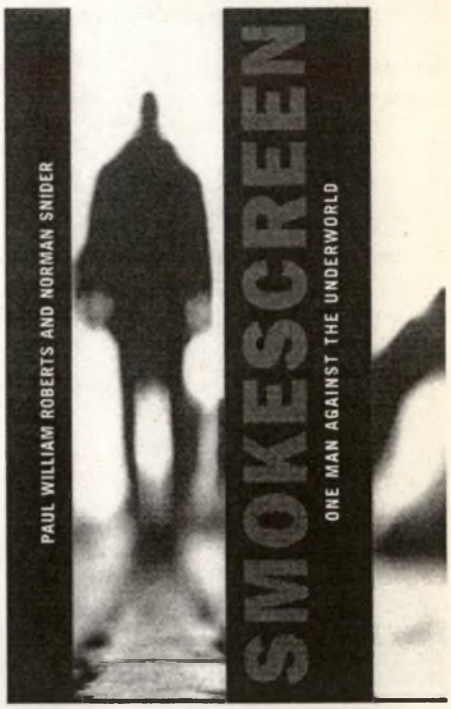
www.tresor.gouv.qc.ca/emplois

One Dead Indian
By Peter Edwards
Published by Stoddard 2001



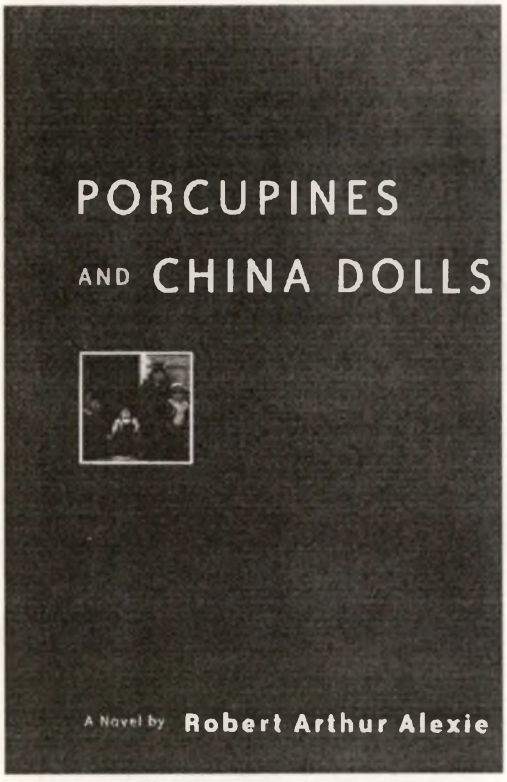
One Dead Indian is about the Ontario Premier, the OPP and the Ipperwash Crisis. The book takes you back to September 4, 1995, when Stoney Point Natives went into Ipperwash Park to reclaim an ancient and traditional burial ground. Within 72 hours Anthony (Dudley) George would be dead, shot by an OPP officer with a submachine gun. The world would then find out that the Native protestors were unarmed.
The book takes you back to when the Stoney Point reservation was taken away from them as part of the World War II war effort and an army base was built on their land. It tells of the suffering they endured and how the promises that they would see the land returned to them after the war were forgotten or ignored. It tells you of some of the events leading up to the shooting and what happened during and after. It is a book that should have changed the system for the better. But the warning was largely ignored and things remain unchanged. There still has not been a public inquiry into what has happened, but at least we now have enough facts to form an informed opinion about what really happened. One fact that I still carry with me is that after a band councilor hoping to negotiate a peaceful settlement was beaten up by riot police, the OPP Association – citing a right to privacy – refused to release photos of the police officers so they could be identified. Only one officer identified himself as hitting the man once or twice and no one could remember under oath who else was involved in the beating. One Dead Indian looks at justice and the lack of it for everyone involved. Only one officer was ever convicted. He received two years less a day to be served in the community. In effect it was 180 hours and no house arrest. This is a book that should taught be in most high school classrooms lest we forget.

Smokescreen
By Paul William Roberts and Norman Snider
Published by Stoddard 2001



A true story about a man named Carl Broeker. He had the good life and discovered it was only true on the surface. His wife was cheating on him with his brother and his business partners were connected to organized crime. His good reputation in the community quickly went downhill. He started working with the U.S. Secret Service and the RCMP.
He enters the shady underworld meeting with Mohawk smugglers, biker gangs, the drug cartel and the Russian Mafia.
Broeker runs from deal to deal. One day he's involved in the cigarette trade, and then it's off to counterfeiting money and arms trafficking.
It is an interesting book and one that makes me think Broeker had to be an adrenaline junkie. The action is almost non-stop and gives you a glimpse into the underbelly of a world we rarely enter.

China Dolls and Porcupines
By Robert Arthur Alexie
Published by Stoddard 2002



A nice piece of no-holds-barred fiction about residential schools. If you like the nitty gritty feel of the real world in your fiction then this is it. James Nathan and Jake Noland return from residential school with a secret that will tear apart their lives.
This book tells you how they coped with what happened. It is not a book for the faint of heart as it captures the despair and pain of the residential schools. In the prologue where you are being introduced to the main character it reads, "He took a deep breath, dropped the gun, then exhaled. He heard it: the peace and the silence. He waited for his ultimate journey to hell." As I said it is a no holds barred look at life. It looks at the bars, the fears, the suicides and all the troubles of lost souls.
In the end, though, it holds out hope that healing is possible for some when the skeletons in the closet are exposed to the light of day. It is this that makes this book what it is; a uniquely Native piece of fiction that resembles reality so closely it's unreal.
It was a book I couldn't put down. It could be any of a hundred communities in any province.
The title comes from when the main character goes to residential school. One of the first things they do is to cut everyones hair. The boys end up looking like porcupines and the girls like china dolls.
Hats off to Robert Arthur Alexie, a Teetl'it Gwich'in Native and former chief, for this thought-provoking work

Top Ten List

1 HARD EIGHT, by Janet Evanovich. (St. Martin's, $25.95) Stephanie Plum takes time out from bounty hunting to search for a 7-year-old New Jersey girl who has been abducted.

2 THE BEACH HOUSE, by James Patterson and Peter de Jonge. (Little, Brown, $26.95) After his brother drowns in East Hampton, a law student seeks revenge on the powerful people who he thinks are responsible.

3 THE EMPEROR OF OCEAN PARK, by Stephen L. Carter. (Knopf, $26.95) The patriarch of a black family, forced to withdraw from consideration for the Supreme Court, dies under mysterious circumstances.

4 FIRE ICE, by Clive Cussler with Paul Kemprecos. (Putnam, $26.95) Claiming to be a descendant of the Romanovs, a mining tycoon tries to overthrow the Russian government.

5 IN THIS MOUNTAIN, by Jan Karon. (Viking, $25.95) In the seventh book of the "Mitford Years" series, Cynthia Kavanagh thrives in retirement while her husband, Father Tim, grows restless.

6 THE NANNY DIARIES, by Emma McLaughlin and Nicola Kraus. (St. Martin's, $24.95) A satirical look at rich and powerful New Yorkers through the eyes of an Upper East Side nanny.

7 MOUNT VERNON LOVE STORY, by Mary Higgins Clark. (Simon & Schuster, $22) The married life of George and Martha Washington; originally published in 1969 under the title "Aspire to the Heavens."

8 THE SHELTERS OF STONE, by Jean M. Auel. (Crown, $28.95) Love and danger in a prehistoric society; the latest volume in a series that began with "The Clan of the Cave Bear."

9 THE SUMMONS, by John Grisham. (Doubleday, $27.95) A law professor who has been called home to Mississippi by his father, a dying judge, discovers more than $3 million in cash in the old man's study.

10 DRAGONS OF A VANISHED MOON, by Margaret Weis and Tracy Hickman. (Wizards of the Coast, $27.95) The third volume of "The War of Souls," a fantasy saga.

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Will on the Grill

by Will Nicholls

By the time you read this the current heat wave will hopefully have passed, but expect more on the way this summer. When the heat hits eating heavy is out of the question. So is slaving over the stove indoors. It's time for the BBQ or something cool and I guess you could say that fruit is the theme of the recipes this time around except for the fish and sausage (they still argue whether or not the tomato is a veggie or fruit, I'm told).

In any case, always have plenty of liquids around and put the fruit into the fridge. Nothing like biting into a chilled Georgia peach on a hot day. I remember a time in Mistissini when we would pick raspberries, mash them up a little, add very little sugar (use fruit sugar as it's better for you) and put them in the freezer. A little messy but better than Popsicles or such for your health and they were tasty to boot. Today I still do it in the summer but I have one of those Tupperware jobbies now and can put them on a stick. Well enough reminiscing and on to the recipes.

Berry Salad

1 cup vanilla yogurt
1/4 cup honey
1 1/2 tablespoons milk (to thin out dressing)
cinnamon and nutmeg to taste
1 1/3 cups strawberries
1 1/3 cups blueberries
1 1/3 cups raspberries
fresh peppermint leaves, finely chopped

Wash, stem and sort berries.

In a small bowl combine yogurt and honey and whisk together.

Add cinnamon and nutmeg and whisk until well incorporated.

Add milk to thin down.

Place berries in serving bowls and drizzle the yogurt dressing over the top.

Garnish with mint and serve immediately.

Chicken and Fruit Salad with Mango Vinaigrette

2 to 3 mangos
12 ounces skinless, boneless chicken breast halves
1/2 teaspoon curry powder
1/8 teaspoon salt
1/4 teaspoon coarsely ground pepper
6 cups torn mixed greens
1/2 medium cantaloupe, seeded, peeled, cut in 1-inch chunks
1 cup halved or sliced strawberries
1 recipe Mango Vinaigrette (see below)
2 green onions, thinly sliced

Pit, peel, and slice the mangoes. Measure 1-1/2 cups for use in the vinaigrette; set remaining slices aside for salad.

Rinse chicken; pat dry with paper towels.

Stir together the curry, salt, and pepper. Rub chicken with curry mixture.

Grill chicken on the rack of an uncovered grill directly over medium coals about 12 to 15 minutes or until tender and no longer pink, turning once halfway through grilling. (Or, place chicken on the unheated rack of a broiler pan. Broil 4 to 5 inches from the heat for 10 to 12 minutes, turning once.)

Cool chicken slightly; slice into 1/4-inch strips.

Arrange greens on individual dinner plates. Top with chicken strips, melon, strawberries, and reserved mango slices.

Drizzle each salad with some of the Mango Vinaigrette.

Sprinkle green onion over all.

Mango Vinaigrette

In a blender container or food processor bowl, combine the 1-1/2 cups mango, 1/4 cup orange juice, 3 tablespoons rice vinegar or white wine vinegar, 2 teaspoons honey, and 1 teaspoon Dijon-style mustard.

Cover and blend or process until smooth. Cover and chill until serving time. Makes about
1-1/4 cups.

Smoked Sausage Kabob

1 1/2 pounds hot Italian sausage; sliced 1 inch thick
1 bottle of your favorite Italian dressing
1 bell pepper
2 ears of corn; broken into quarters
6 cherry tomatoes
2 zucchinis; sliced about an inch thick
6 large mushrooms

Marinate the sausage in the dressing for about 6 hours.

Build your skewers alternating sausage and vegetables.

Grill for about 4-5 minutes on each side, basting occasionally.

Before grilling, submerge the corn in boiling water for 2 minutes.

Barbecue Salmon Steaks

2 tbsp light soy sauce
1/2 tsp sugar
4 salmon steaks
Green sauce
1/2 cup parsley
1/2 cup roughly chopped chives
1/4 tsp ginger
2 tbsp capers
2 tbsp chopped onion
1/2 cup olive oil
1 tbsp lemon or lime juice
1 hard-boiled egg

Freshly ground black pepper. Combine soy sauce and sugar. Brush each salmon steak with soy sauce mixture.

Barbecue, turning occasionally until salmon is cooked. Serve hot with Green Ginger Sauce.

Green ginger sauce:

Place parsley, chives, ginger, capers and onion in the bowl of a food processor or blender.

Process until finely chopped. Add olive oil, lemon or lime juice and egg. Process until smooth.

BBQ Sauce for Beef and Fish

3 small cans tomato sauce
1/4 cup minced onion
1/2 cup brown sugar
1 tsp. freshly ground black pepper

1/2 tsp. dry mustard
1 tsp. salt
1 tbsp molasses
1 tbsp corn syrup
1/4 tsp. cayenne pepper
1 tsp. garlic powder
2-3 tsp. liquid smoke

Mix all ingredients and simmer in a medium size saucepan for an hour stirring occasionally.

Fruit Punch

8 black tea bags, strings removed
4 cups cold water
4 cups apple cider
3 cups apricot nectar
6 ounce can frozen lemonade concentrate, thawed
12 ounce can or bottle cherry flavor lemon-lime carbonated beverage, chilled
1 orange, sliced into rounds
4 ounce jar maraschino cherries

In a large pitcher, combine tea bags and cold water. Cover, and refrigerate for 6 hours or overnight.

Remove tea bags, squeezing them gently against side of pitcher. Stir in apple cider, apricot nectar and lemonade concentrate. Chill until ready to serve.

Pour punch over ice cubes in a punch bowl. Add carbonated beverage, and garnish with orange slices and cherries.

Mock Champagne

This one is for the kids and non-drinkers out there. It makes a great look at a BBQ or birthday party also.

2 liter bottles ginger ale, chilled
46 ounce can pineapple juice, chilled
64 ounce bottle white grape juice, chilled

To make Ice ring: Fill a ring-shaped cake pan half-full with ginger ale. Freeze until partially frozen. At this stage you can place edible flowers, or pieces of fruit around the ring. Fill pan with ginger ale and freeze until solid. Place in punch bowl just before serving.

In a large punch bowl, combine 1 bottle ginger ale, pineapple juice and white grape juice.

Tips Section

Tips for freezing berries:

Sometimes you just end up with more berries than you can handle. Or if you're like me you like to have some later on in the year. I also pick more than I can handle because I like to experiment with berry sauces. I am currently working on a gooseberry sauce but it needs more work so I go through a lot of them experimenting. In any case you don't want them to go to waste. Here's a tip for how to freezing the extra berries individually:

Spread them on cookie sheets, not touching, and freeze. Then transfer quickly to self-sealing plastic bags and return to freezer.

Fruit please

I used to feed my son tons of fruit when he lived with me. I used to buy about ten or so pounds of apples, toss in a bunch of bananas and some oranges. Then I would buy whatever fruit was in season. This was instead of chips and other things. As a result he was thinner and healthier. You see the largest part of what makes up fruit consists of water just like the human body does. Eighty per cent of our body consists of water; so does 80 per cent of fruit. So if you think about it, it's logical for the human body to consume food that contains as much as water as the body itself so that the body can replenish itself as it eats. The nutrition that meets that requirement is fruit. There is no other food than fruit on this planet that contains on average 80 per cent water. Vegetables also contain a lot of water and are therefore second best for the water rule. Also water is none fattening and fruit tends to pass through the body fast so it helps with those wishing to lose weight and still eat.

Fruit is 100 per cent cholesterol free. No doubt about this argument. Too much cholesterol is not good for our bodies and fruit doesn't contain much cholesterol. Animal products like meat have and dairy contain a lot of cholesterol.

BBQ Tips

General Guidelines for medium

Meat type:	Thickness:	Grilling time:
Beef Burgers	3/4"	5 minutes per side
Turkey Burgers	3/4"	6 minutes per side
Pork Chop	1 1/2"	14-18 minutes per side
Pork Chop	3/4"	6-7 minutes per side
Fish	1 1/4"	5-6 minutes per side
Fish	1"	3-5 minutes per side
Fish	1/2"	1.5-2.5 minutes per side
Steak	2"	10-12 minutes per side
Steak	1 1/2"	7-8 minutes per side
Steak	1"	5-6 minutes per side

No Blood Today!

Nothing is worse than the black flies and mosquitoes arriving unannounced at a BBQ or shore lunch. Here are a few tips to go along with insect repellent and bug zappers:

Insects are attracted to bright-and dark-colored clothing and shiny objects like jewelry. Wear white, tan, and other muted colours.

Wear long sleeves and pants, and consider tucking your pants into shoes or socks.

Don't go barefoot.

Apply insect repellent to shoes, socks, and pant cuffs.

Fragrances attract attention from biting insects so skip perfume or cologne, and choose unscented hair care products, skin lotions, and sun block.

Citronella lamps and candles help to keep mosquitoes away. This lemon-scented Asian grass can also be found in skin lotions.

Use airtight containers for food to prevent aromas from attracting pests. Choose tubs with clear plastic lids so you can see what's inside.

And don't forget dusk is prime biting time for the insect world.

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A few of the exceptional recipes in this book has made it into Will On The Grill but there's plenty more for the cook who cares!!!!!!!!!

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Some Like It Hot

Xavier Kataquapit

Hot weather was never a problem when I was growing up in my home community of Attawapiskat. During most of the year dealing with the weather meant putting on more clothes to keep warm. We Cree from the James Bay coast have grown accustomed to the cold weather of the north and feel most comfortable when it is cool. In the summer months there is only a short period when the weather has an opportunity to rise to temperatures to make people uncomfortable in the heat.

I have many memories of these hot summer days in my community. During these few days, people spent time outdoors and on the land. People walked the streets in the summer heat to spend time with neighbours and friends and to catch up on the local news. Usually most of these wanderers ended up by the river to sit and take in the view of the flowing water from the high bank. A little breeze could always be counted on at this location. Elders and older men playing cards also lined the high bank which stretches the length of the community. Most of the younger people, children and teenagers took to the water to swim and wade in the cool water of the river.

As young boys, my friends and I also wandered the community on our bicycles, riding as fast as possible to try to find relief from the heat. Those who owned vehicles used their trucks or cars to drive around the community and cool off while driving fast along the short dusty roads of town. Thinking back on this it all seems so silly now considering there are a series of short streets in town and a single gravel road that runs through the community, out to the treatment centre, to the airport and the sewage lagoon. In all there might be six or seven kilometres of road.

Although everyone in the community enjoys summer, the gravel roads in town become a real problem for everyone. During really long dry spells when there is no rain, the gravel roads turn into fine dust which can be whipped up by cars, trucks, motorcycles and four wheelers. When the weather is really dry, a single four wheeler can whip up a dust cloud stretching for blocks that can blow across the community.

On some of the hottest days when the wind settled and no relief could be found from the heat, we would make the decision to head out on the family freighter canoe. There was little preparation for these short rides. The outboard motor and a tank of gas was all that was needed. Everyone boarded an empty canoe and found places to sit or knee inside the hull. Speeding across the river and heading out towards the bay was always exciting and everyone enjoyed the relief of leaving the heat and the community. The cold was never far away. Once out on the bay the cold winds from the icy waters of the great James Bay always offered a cool relief. Riding away from the hordes of black flies, mosquitoes and other biting insects was another advantage to being out on the freighter canoe.

The most difficult time during the hot weather came in the evenings when everyone went to bed. As a young boy I recall some sleepless nights during the middle of summer. We were never able to afford any kind of air conditioning and two or three fans for a large family of nine children and two parents was all the relief we had during hot summer nights. We left the windows open to let any cool breeze blow into our rooms. The open windows also let in the sound of thousands of frogs and crickets that filled the hot night air with their music. As we lay half awake in our beds we also listened to the steady hum of mosquitoes flying about our heads.

Even though we had a hard time with the heat we knew that it would not last long. In the north, the cold is never far away. The cold is much preferred by my people and if given the choice everyone I know up the coast would rather be riding a snowmobile at 20 below zero than fighting the black flies at 28 above zero. Come to think of it that does make sense to me.

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TAKE THE MIYUPIMAATISIITAAU CHALLENGE AND FIGHT DIABETES

More and more people in Eeyou Estchee are being diagnosed with diabetes every year. This alarming increase of this disease is often called a **Diabetes Epidemic.** If nothing is done to stop this diabetes epidemic, the number of people with diabetes will continue to go up every year. Many people think that because so many of their family and friends have diabetes already, that it is just a matter of time until they also get diabetes. ***THAT IS NOT TRUE.*** There is a lot you can do to prevent diabetes and stop the **Diabetes Epidemic.** One option is to take the MIYUPIMAATISIITAAU CHALLENGE.

The Public Health Department of Cree Board of Health & Social Services of James Bay in collaboration with the Cree communities is organizing the MIYUPIMAATISIITAAU CHALLENGE. The goal of the MIYUPIMAATISIITAAU CHALLENGE is to *slowly* lose 7% of your current body weight through healthy eating and daily physical activity and maintain it for one year (for example: if you weigh 220 lbs, you need to lose 16 lbs or if you weigh 180 lbs, you need to lose 13 lbs). Another objective of the Challenge is ***not*** to get to your "ideal body weight"; it is just to lose *some* weight.

Several studies have **proven** that healthy eating habits; daily physical activity and losing 7% of your weight greatly reduces your risk of getting **diabetes**. You ***do not*** need to get to "ideal body weight" and you ***don't*** have to exercise for hours every day to get the benefits of preventing diabetes. The studies have shown that even a small weight loss of 7% of your weight with only 30 minutes a day of activity can prevent more than half the cases of diabetes in people who are high risk of getting diabetes!

The MIYUPIMAATISIITAAU CHALLENGE promises to be fun, easy and healthy. It is open to **all Eeyouch of all ages** in the Eeyou Istchee. Information on nutrition, physical activity and healthy living is available from the CHR at your health clinic. Group sessions will be arranged in August. Anyone interested in the group sessions can call their CHR for details. You can start your **challenge** any time in **June & July 2002. The Challenge will finish in one year, at the end of June 2003.** If you are interested in joining the Challenge, please call your CHR to register.

The MIYUPIMAATISIITAAU CHALLENGE **is not a competition.** It is not only for people who are very fit and healthy, **it is meant for everyone!** You are not competing against anyone but yourself. You can determine your own schedule and pace. You can challenge yourself, your spouse,

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Seules seront considérées les soumissions présentées par des fournisseurs ayant un établissement au Québec ou dans une province ou un territoire visé par un accord intergouvernemental, inscrits au niveau approprié du Fichier des fournisseurs du gouvernement dans la spécialité déneigement et ayant, conformément à leur déclaration d'inscription, au moins le nombre de camions requis pour exécuter le contrat.

Ne sera pas considérée une soumission présentée par un ex-employé du gouvernement ou d'un organisme public ayant bénéficié d'un programme de départs volontaires ou par une entreprise que cette personne contrôle directement ou indirectement ou par un tiers lorsque, dans ce dernier cas, l'un des principaux exécutants du contrat serait une telle personne et ceci dans un délai de deux ans à compter de la date de la rupture du lien d'emploi.

Le ministère des Transports ne distribue plus les documents d'appels d'offres et les fournisseurs doivent désormais les commander par l'entremise du système électronique MERX :

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Le Ministère ne s'engage à accepter aucune des soumissions reçues.

Le sous-ministre
Jean-Paul Beaulieu

Québec

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For more information and to register, call your local CHR. In Mistissini, call Ms Mary-Louise Snowboy at 923-2332, and in Waskaganish, call Ms Sarah Cowboy at 895-8833. Outside Eeyou Istchee, call Solomon Awashish at 514-861-2352 ext#28

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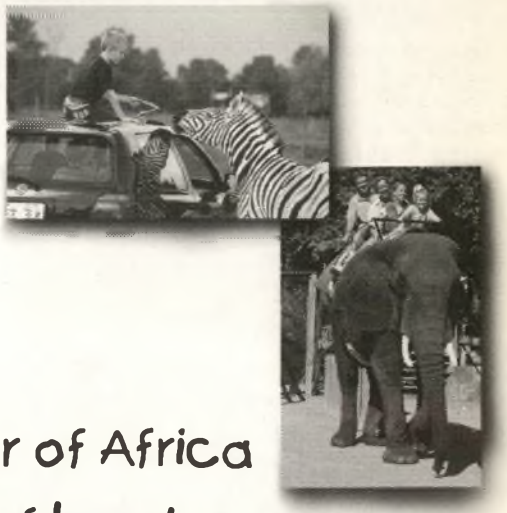

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CLASSIFIEDS

Births - 100

We would like to welcome our new member in our family. Zachariah David Thomas Hester born on June 7, 2002 at 10:17 p.m. We welcome you, our grandson and nephew and we love you very much!! God is so good! Congratulations Kerrie, and be blessed! Love & prayers & kisses to you and your new son. Mom & Dad /Brad/Desirée/Destinee/Dustyn/Josiah

Birthdays - 101

To a very special person in my life, Candice Wapachee, I want to take this time to wish you a happy birthday on July 4. It's hard to believe to say 12 years ago, time goes by very fast. I thank the Good Lord, for giving me a beautiful daughter to love, even though it was hard at times we still managed to go through, thank God for that. You've grown to be a very beautiful person, Thank you for being my little friend. I Love you with all my heart!! Once again Happy Birthday, Dear!! Much Love, Mom Deborah

I would like to wish Happy 2nd Birthday to baby Wesley George Masty. His birthday is on July 7th 2002. You bring joy and laughter to our lives. Your growing so fast, I hope for the best for you and I love you with all my heart. From Mary Niquanicappo in Whap.

Wishing a Happy Birthday to the following people; Ronnie S on May 14th, Queenie L on May 20th, Allison S on May 31st, Emilia M on June 4th, Patricia M on June 9th, Eddie L and Ronald S on June 26th. Wishing you all a Happy Birthday and many more. From everybody at D2-3.

We would like to wish a Happy Belated Birthday to a very special young boy; Isaac Stevens. Hope you had fun on your birthday. Remember that we will always love you and we will always be there for you whenever you need us. PS: It's been a long time since you came to visit us, we miss having you around, once again Happy Birthday. From everybody at D2-3

Me and my mother would like to say Happy Birthday to the two people we live with, who are also special to both of us. To my father James Masty, his B-Day will be on July 11th and to my chubby sister Jane on July 24th. Happy Birthday to you and many more to come. Enjoy! Love always, Virginia and Mom Jacky.

Happy 2nd Birthday to Wesley George and many more to come. On July 7th 2002. You are our pride and joy, each day we spend with you is a blessing. You make our world complete. God bless you. Love, hugs and kisses. From Mom, Dad and Grandma Betsy (Whap)

Happy Birthday to this one guy I have known half of my life; Mr. Pat Ekomiak. Pat, you have been always there for me. I really appreciate it. You have made me laugh and you really make me proud because you are going to college this year. I have seen you work hard for it and you deserve it. Happy Birthday on August 28th and Congratulations! From Virginia.

We would like to wish a Happy Belated Birthday to our Dad Richard on June 17. Here's something to keep in mind. It's wonderful to know we have a dad who takes such pleasure in doing special things and making us feel good. Thank You! DAD. Love, Waapikun & Adrian

We would like to wish our daughter Tyra-Lynn Rose Jolly a Happy 2nd Birthday on June 20, 2002. We love you soo much...you make our days complete with your smile each morning. May the good Lord bless you with many more

Get the facts on the proposed Governance legislation

- this legislation is not about Aboriginal and treaty rights or the inherent right to self-government
- it's about the contribution you can make to your community
- it's about progressive change
- it's about opportunities
- it's about improving your quality of life
- it's a foundation for the future

See for yourself.

For your copy of the proposed legislation and an information package on Parliament's review of the Bill, call **1-800-550-1540**, send an e-mail to **Governance@inac.gc.ca** or visit our Web site at **www.fng-gpn.gc.ca**

Indian and Northern Affairs Canada / Affaires indiennes et du Nord Canada

Canada

birthdays....love always, mommy & daddy xoxoxox

Happy Birtdhay to Tyra-Lynnsh, Happy Birthday to Tyra-Lynnsh...Happy Birthday to youuuuuuuuu! Hey lil sis, we thought we would sing to you in the Nation. We love you baby sister....Love; Valeriesh & Shecia

Happy Birthday to a special friend of mine, Ms. Rose Lynn Rabbitskin on July 13th. My friend I wish you all the best in the future and I wanna take this time to thank you for your friendship. Your friendship means a lot to me, I know where to run to when I need someone to talk to. Remember I am here for you, so my friend keep on smiling. Love in friendship, Charlotte Wapachee.

Hey War (Rose Lynn) Happy Birthday to you, Happy Birthday to you. War I may be too young to know how to pronounce your name but I am getting bigger everyday. I am always excited when I see you, and when it's time for you to go you know how I get eh?? I hang onto you crying and you tell me you will be right back, I wait and wait, the sun goes down then morning arises. But I am still happy when I get to see you. I love you War. Your little friend, Julian Louttit (Nemaska)

Happy 20th Belated Birthday to Charlie "B" Dick in Whapmagoostui. His birthday was on April 20th 2002. Too bad the bar extended the age limit to 21 to go in, just another year to go. And when are you going to make "B" Jr.?

103 – Anniversaries

I would like to wish a Belated Happy 50th Anniversary to my wonderful parents, John and Annie Neeposh on June 13, 2002 from Nemaska, It is so hard to believe these days that two people can actually be happily married for 50 years, I guess you are living proof that happily ever after really does exist. Mom, let's just leave out the times that you practically yell at Dad when you are mad at him and say "Je ga mitchich chanou" and he replies very softy and there are times that he just has a big grin on his face. I guess that's why your marriage lasted 50 years, he's a lover and you're a fighter, luckily, I am a little bit of both or else I'd end up like you or like Dad. Just Kidding!!!!! I just wanted to say Happy Anniversary and thanks for always being there for my son and I. Love Always: Your majajoushanish, Edna.

Personal – 300

First of all, I would like to dedicate this poem to someone very special to me. My love, my honey, and my everything. "I will love you to eternity" Nothing stays the same. Sunrise become the sunset; Morning turns into night; An angry storm can turn into a gentle breeze; A tiny seed can become a towering tree; A lowly caterpillar transforms into a colorful butterfly; A child grows into a man. Life goes on. Seasons change. Circumstances change. People change. But I know that I WILL LOVE YOU TO ETERNITY, no matter what happens or whatever changes that will take place in our lives. Now I that you have read this, You now know that I love you.

Roommate wanted! Anyone planning to attend his/her studies or working in the fall? Think of looking for a roommate so it would be cheaper for everything. Well I am looking for one myself. If you're interested you can e-mail me at: olivia_couchees@hotmail.com we could discuss more.

This message goes out to one of my msn buddies, "The Scorpion King". Well I just wanted to say that I'm glad to have a friend like you. I also want to thank you for all the encouragements you've given me, you're such a nice guy to talk to. I hope we meet soon somewhere. From nee...

How does a ***business grow?*** ***One click*** *at a time.*

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Faites le premier clic : inscrivez-vous en ligne et accédez aux conseils et aux ressources qui vous mettront sur la voie de la réussite. Nous pouvons aussi contribuer à une partie des coûts admissibles de votre projet si vous avez les capitaux ou les sources de financement nécessaires.

Rendez-vous au site Web d'**Entreprise autochtone Canada** dès aujourd'hui (**abc-eac.ic.gc.ca**).
Membre du Réseau de services aux entreprises autochtones ***1 877 699-5559***

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Canada

Northern Québec:
Land of Power

Northern Québec is home to the vast La Grande complex. With an installed capacity of over 15,000 MW, this hydropower development supplies more than half the province's electricity.

Hydro-Québec's contribution to the regional economy in 2001	
Permanent employees (in person-years)	750
Temporary employees (in person-years)	164
Goods and services	$8,402,019
Direct jobs sustained (in person-years)	84
Municipal and school taxes	$4,144,431
Leased premises	$ 533,204

The spillway at Robert-Bourassa generating station

For Northerners, the James Bay development is not just a hydroelectric project: it's also a premier tourist attraction and a great source of pride. In 2001, more than 12,000 people toured Robert-Bourassa and La Grande-1 generating stations, to name but two of the facilities that make up the gigantic La Grande complex.

Other major hydroelectric projects will soon be started in the region. These include the construction of Eastmain-1 generating station as well as draft design studies for Eastmain-1-A and the partial diversion of the Rupert River. In all, these projects are worth a total of $4 billion.

Hydro-Québec maintains ongoing relations with Native communities in the James Bay territory. With some of them, it has set up discussion and working groups to focus on certain issues related to the monitoring of human and environmental impacts arising from the James Bay and Northern Québec Agreement.

Hydro-Québec also supports various regional organizations, including the Radisson Historic Sites Society and Robert A. Boyd Historic Park, as well as events like the North American Caribou Workshop, the Summer Cultural Festival and the James Bay Walleye Tournament.

For more information, contact:
Michel Lemay, Manager – Administration and Community Relations
Direction régionale – La Grand Rivière and Direction – Production
Tel.: 1 800 679-9919, ext. 4955

Hydro Québec

3rd Annual Cree Regional Fire Fighters Competitions

Dates:

July 19, 20, 21, 2002

Artwork: Mark MacDonald

Hosting Community:

Eastmain

Participating Communities:

Chisasibi
Mistissini
Nemaska
Ouje-Bougoumou
Waskaganish
Waswanipi
Wemindji
Whapmagoostui
Womens's Team

Guest Speaker & V.I.P.'S:

D.I.A.N.D.
(Department of Indian Affairs & Northern Development)

Eastmain Cree Nation

Fred Tomatuk
Edward Gilpin Jr. (Chief)

Major Sponsors:

D.I.A.N.D.
(Department of Indian Affairs & Northern Development)

C.R.A.
(Cree Regional Authority)

Cree Nation of Eastmain

Hydro-Québec

Special Events:

Official Fire Hall Opening - July 18, 2002
Others... T.B.A.

Fire Hoses donated by:

Nieder Fire Hose
Coaticook, Quebec
Wildfire
1-800-567-2703

For information, contact:

George Cheezo · Res.: (819) 977-2324
Henry Moses or Clayton Tomatuk
Tel.: (819) 977-3080 · Fax: (819) 977-2442

THIS IS AN ALCOHOL & DRUG FREE EVENT.
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